



ONCE UPON A TIME... A fourteen year tradition of "Read-A-Long" sessions in conjunction with the Canadian Children's Book Festival Week continued last week at Elk Point Elementary School, with Grade 5 and 6 students reading to the ECS, Grade 1 and 2 classes. Among the readers was Brandi Grekul (left), who shares a story with Paige Metz.

## Christmas Extravaganza slated for Friday

Elk Point Chamber of Commerce is putting the final touches on their big event of the winter, with the Christmas Extravaganza set for Friday, December 6.

The annual event is chaired this year by Sherry Oszust, who says the plans are falling into place quite well. Volunteers have been spending their evenings working on the outdoor skating rink at the corner of 50th Ave. and 50th Street, which has proved very popular in recent years both during and after Extravaganza.

A roaring bonfire will be located nearby, and Santa is slated to be on hand from 7:00 to 9:00 p.m. to visit with the youngsters.

More fun for young and old alike will be the hay rides, which are presently awaiting final confirmation.

Also in the vicinity of 50th and 50th will be the Lioness Club, who will serve up welcome cups of hot chocolate to warm up skaters and shoppers. They will also have hot dogs available at a nominal fee for appetites sharpened by all the activity.

A coloring contest is part of the event, with entry forms in the Extravaganza flyer as well as at Stedmans, Florence's Country Crafts and the Elk Point Review. Prizes will be awarded in three age categories. Entries must be in to the Co-op by 5 p.m. Thursday, December 5.

Shopping is a major focus of the evening, and the participating stores will be open until 11 p.m. with lots of specials for those searching for the perfect Christmas gift. With each purchase, shoppers will qualify to enter a draw for \$300, \$200 and \$100 in Elk Point Bucks, which can be spent at any of the participating businesses until December 31. The draw will be made at 11 p.m.

The big event begins at 6 p.m., so plan now to come down and join in the fun.

## County buys provincial facility

By Rhonda Noyce  
Staff Writer

County Council announced on Friday that it has reached an agreement with Alberta Public Works, Supply and Service to purchase the Alberta Transportation and Utilities Maintenance Facility north of St. Paul. They will use the facility

as their new County Shop.

Council discussed this purchase for almost a year and finally decided to buy the facility for the price of \$835,000.

Reeve Ray Danyluk, says they have been in dire need of more space for quite some time and if they didn't purchase this facility, then they would have

to expand their existing shop.

"The cost of acquiring more land and further construction is comparable to the cost of the new facility," Danyluk said Friday.

The provincial facility is located on 32.19 acres of land, whereas the current County Shop is located on 3.10 acres. This provides more room for storing crushed gravel, salt and sand for the roads, for storing parts and equipment and for vehicle maintenance.

The County's existing shop is not large enough to operate efficiently, says Danyluk. When taken on a tour of the two facilities to compare them, it was found that the new provincial facility would provide much more room and improved efficiency.

## Local groups decking the halls for local merchants

A new feature at this year's Christmas Extravaganza is the silent auction of trees, wreaths and swags decorated by local groups. The trees and other decorations have been purchased by the merchants, and decorated by the club which will receive the proceeds from the winning bid on that item.

The first bids will be taken during Extravaganza, and will continue to be taken until Friday, December 13 or Saturday, December 14, depending on the hours of the host business, with the successful bidders able to pay for their purchase and take it home after that time.

So far, the Saddle Slickers 4-H Light Horse Club will be decorating a tree at critters Pet and Livestock Feed and Supplies, Elk Point Scouting Association will have a tree at the Elk Point Co-op, the Elk Point 4-H Multi Club will have a wreath at Elk Point Review Printing and Stationery, and the Elk Point Parent Nursery will have a swag at Stedmans.

A full, updated list of organizations and stores will be posted at Florence's Country Crafts, the Co-op and the Review on Friday evening, so check them out and place a bid bid on your favorite.

## Community Health Council's first public meeting Thursday

The first public meeting of the Region 4 Community Health Council is coming up this Thursday at 7 p.m. in the Cold Lake Health Centre classroom.

A number of local people are a part of the recently formed Council, including Dr. Jonathan Adams, Lavinia Ewasiuk, Carol Ann Maas and Melvin McGinnis of Elk Point, Walter Saranchuk of Lindbergh and George Sanders of Heinsburg.

The February meeting of the Council will be held in Elk Point.



# Every child a reader — no cat - astrophes here!

Elk Point Elementary School celebrated the 20th annual Canadian Children's Book Festival last week with a variety of activities. This year's Book Festival theme is "Every Child A Reader," and this was certainly borne out by the eager involvement of the students.

The ECS students visited the library for special Storytimes on Wednesday and Thursday.

For the past 14 years, the school has held a Read-A-Loud, with Grade 5 and 6 students reading stories to the ECS, Grade 1 and 2 students, and this year was no exception. Thursday afternoon, the school buzzed with excitement as readers and listeners were paired up and sent to quiet corners of various rooms for the one-on-one story time.

Another longstanding tradition is the Bookmark and Slogan contest. Last year's winner, Scott Dallaire, entered the slogan "Failing to Read... Can be a Cat-astrophe." His bookmark design was handed out to the students, and a large replica of the design was posted over this year's entry box.

Carrying out the theme, the library had a large display of stuffed cats of all shapes and sizes, from an angelic Garfield to a pouty Persian that meowed and waved its paws when touched. The display case outside the library continued the cat theme, with books

about cats and more stuffed cats adorning its shelves.

School librarian Myrna Fedorus said that Book Festival activities were kept to a minimum this year, due to the

ongoing computerization of the library, but if the quantity was small, the quality was high and provided the usual fun while learning for the students.



WALL TO WALL CATS took over the library's display table.

*You are invited to join us at our*  
**CHRISTMAS  
OPEN HOUSE**  
**Friday, December 13, 1996**  
1:30 p.m. to 5:30 p.m.  
**Melenchuk Mall, 108-5009-50 Avenue,  
St. Paul**  
**PAUL LANGEVIN, MLA**  
**Lac La Biche - St. Paul**  
**Constituency Office**  
**Phone 645-6999 info.**

## NORTH EASTERN ALBERTA LIVESTOCK CO-OP

Will be accepting hogs

**Every Second WEDNESDAY**

Only from 8:00 a.m. to 11:00 a.m.

Until further notice(changed from weekly service)

*Call Gail for more information 724-4097*

**NEXT PICK UPS:**  
**December 18, 1996 & January 8, 1997**  
**Weather Permitting**

## THANK YOU

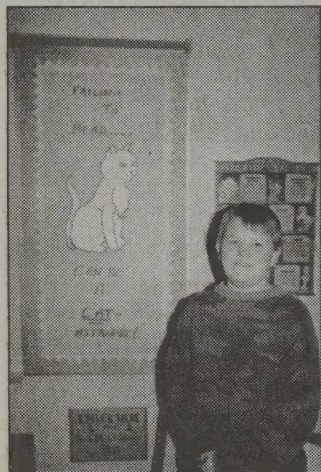
*A big thank-you to the 150 supporters who attended my nomination meeting on Friday, November 22 in Lac La Biche, on a cold winter evening. I appreciate your support and also your commitment to our P.C. Association.*

*Both Minister Paszkowski, Agriculture and Minister Ady, Advanced Education were very impressed by the positive atmosphere of the evening.*

*Together, we will meet the upcoming challenges. Thank you once again.*

*Paul Langevin*

**Paul Langevin, M.L.A.**  
**Lac La Biche - St. Paul**  
**Constituency**



**WINNING SLOGAN AND  
BOOKMARK DESIGN** from  
the 1995 Book Week contest  
are proudly displayed by  
Scott Dallaire.

**CHRISTMAS CRAFT  
& BAKE SALE**  
**Sat., December 7, 1996**  
10:00 am to 4:00 pm  
Heinsburg Community School

**1st Elk Point Scouts**  
**CHRISTMAS  
TREES**  
Are Now Available At  
**MEADOWVIEW  
GREENHOUSE**  
**SCOTCHPINE -- \$30<sup>00</sup>**  
**DOUGLAS FIR -- \$16<sup>00</sup>**

## Elk Point Insurance & Realty Ltd.

**4826 - 50 Street, Elk Point, AB**  
**724-3926**

### 1. SUPERB 4-LEVEL SPLIT

5810-51A St. - Impeccably kept 3 bedroom 4-level split with attached two car garage. Extensive oak cabinets and trim, breakfast counter, pantry and built-in dishwasher, highlight the kitchen-dining area. Sunken living-room features bay window and cathedral ceiling. Master bedroom boasts a large walk-in closet, ensuite with shower and make-up vanity. Third level includes family room, bedroom, 3-piece bath and access to garage. **DON'T MISS OUT!!**



### 2. 5202-RAILWAY AVE.

Move into this 866 sq. ft. 2 bedroom bungalow and put your feet up because the major improvements including new kitchen cupboards, flooring and plumbing have been done. A fenced yard and 12x24 garage with 6x16 shed are some of the additional features.  
**LISTED AT \$55,000.**



### 3. 4901-53 AVENUE

Improvements are already in progress on this two bedroom one-storey. New flooring, new electrical panel and interior paint are some of the upgrades. Comes with fridge, stove, window coverings and storage shed.  
**LISTED AT ONLY \$17,500.**



### 4. 5121-52 AVE.

**NEW LISTING!** - 750 sq. ft. two bedroom home, close to schools. Includes fridge, stove, and storage shed. 54x150 foot lot.  
**ASKING \$25,500.**



### 5. 5114-51 AVENUE

Two bedroom, 589 sq. ft., 1-1/2 storey home. Excellent rental potential, close to downtown.  
**ONLY \$24,000.**



### 6. CLOSE TO DOWNTOWN

4822-51 St. - This small 2-bedroom home close to downtown is the ideal rental home, or rebuilding location. The exterior finish is stucco with asphalt shingles. Included in the listing is a fridge and stove.  
**NOW \$16,500.**



**Larry Demchuk**  
**724-2430**

**Holly Astill**  
**826-4331**



From the FCSS desk...

# December's mad dash has arrived!

By Deanna Easthope  
FCSS Director

December has arrived, and if you remember last year, December was almost too hurried to be fun. There were Christmas cards to mail; presents to be purchased for children and cousins and uncles and aunts; there were outside lights and tinsel to hang; there were parties to attend and food to prepare; and by the time it was all over, you were sick with exhaustion.

Male or female, we could all use some tips on how to manage our time to survive December's mad dash. As it can be said, "Our days are like identical suitcases: all the same size, but some can pack more into them twice as much as others."

Time management expert Edwin C. Bliss gives us ten ideas to make the most of our minutes.

First, he said, plan your days. ...Make a list and put your most important commitments first. Keep your list with you, and follow it.

The number two time-saver, says Bliss, is concentration. ...don't distract yourself with worry. Don't think about what you have to do next. ...Give the project of problems at hand your all-out effort.

The next time-saver - take breaks. Fatigue cuts down your abilities. When the famous ad says, "You deserve a break today," it's right.

Number four - avoid clutter. Clean off your working space. Give yourself the psychological lift each morning of starting with a neat, well-organized environment. A cluttered environment makes for a cluttered mind.

The number five time-saving rule - don't be a perfectionist. Set yourself a standard of excellence, but don't try for the unattainable.

Number six, don't be afraid to say no. If you are asked to add another commitment to your life that really isn't in the best interest to yourself or your family, say no.

Number seven - don't procrastinate. Do the most difficult or unpleasant job first and

get it finished so it will no longer plague your mind.

The eighth time - saving idea - delegate some of your work to others who may need or want some additional responsibility.

Number nine - don't be a workaholic. More is not always better. During the holiday season, everything pushes us to do too much. Inspired by magazine layouts of the perfect Christmas, we make too much food, buy too many presents,

and attend too many parties.

But the best time-saving idea is the last one. Do radical surgery on your time commitments, especially at this time of the year. Analyze your plans for celebrating Christmas and cut out those things that don't really promote your happiness and harmony.

...Slow down! ...Decide, before it's too late, to slow down and let the holiday season be an especially enjoyable one for you and your family.

## "Opening Soon"

**Cal's Home Hardware Ltd.**

(Formerly Phil's Hardware & Variety)

**Elk Point, Alberta**

Watch next week for official date

## ELK POINT & DISTRICT AGRICULTURAL SOCIETY Annual Meeting

**HAS BEEN  
RESCHEDULED TO**

**Monday, December 9/96**

**8:00 p.m.**

Horizon Room in A.G. Ross Arena.

ELK POINT COMMUNITY CHOIR

## CHRISTMAS CONCERT

**WEDNESDAY, DECEMBER 11  
& FRIDAY, DECEMBER 13, 1996**

in the

**Elk Point Elementary School Gym  
7:30 p.m.**

Admission by advance tickets.

Adults: \$5.00; Students: \$3.00

Tickets available at:  
**HOME TOWN GROCERS IN ELK POINT,  
FROM ALL CHOIR MEMBERS  
OR PHONE 724-3785**

Tickets for Dinner Theatre '97' "Les Miserables"  
March 13, 14, 15, 21, 22, 1997  
On Sale Now - Call 724-3785

## THANKS!

**ELK POINT O.O.R.P. #269**

Would like to thank the vendors and those attending our Crafts & More Sale on November 16, 1996.

**Raffle winners were:** 1) Ritchie Simpson, Camrose; 2) Rose Grekul, Two Hills; 3) Mae Hendrickson, Elk Point; 4) Lyndelle Womacks, Heinsburg; 5) Norma Berg, Elk Point; 6) Lena Stepa, Elk Point.

**B.P.O. ELKS LODGE #460**

presents

## 1996 COMMUNITY CHRISTMAS PARTY

**December 13, 1996**

**Elks Hall, Elk Point, Alberta**

**MUSIC BY "BOUNCE"**

Cocktails 6:30 p.m. Dinner 7:00 p.m.  
Yuk-Yuk's 8:00 p.m. Dance 9:00 p.m.  
Midnite Lunch Drinks \$2.50 each  
Admission \$15.00 per person

**Elks Van available for pickup and return - call 645-1264**

### DOOR PRIZES:

- #1 Prize:** TRIP FOR TWO TO VICTORIA FOR WEEKEND (includes airfare, two nights accommodations)
- #2 Prize:** EDMONTON OILER HOCKEY PACKAGE. (2 tickets to game, night's accommodations, deluxe dinner, to and from game to Hotel Chateau Louis)
- #3 Prize:** 2 TICKETS MAYFIELD INN AND DINNER THEATRE

Tickets will be available at the U.F.A. or Turbo Gas Stations in Elk Point starting November 15, 1996.

The Elks Christmas Party will be an ideal place for any small business or organizations to hold their staff party. Should you have any further questions please call John at 724-2561 or David at 724-4095.

**300 tickets printed - 200 sold. Ticket deadline: Dec. 5.**

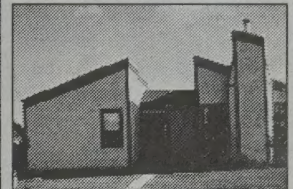
## YOU DESERVE THIS FOR CHRISTMAS



### 1. "Why Rent?"

725 sq. ft. 2 bedroom home with detached single garage in Elk Point. Nicely finished and located in a quiet area of town. Priced to move! **\$37,000.00.**

**First Time Home Owners - 5% down - \$1,850.00 - 6.95% interest - 5 year term - 20-year amortization - \$276.13/month.**



### 2. "The One For You"

Look no further, this 1294 sq. ft. modern bungalow in Elk Point is the one for you. This bright and spacious home has 3 bedrooms, 2 full baths, large kitchen and fireplace. Also features attractive deck and hot tub. **\$91,000.00.**

**First Time Home Owners - 5% down - \$4,550.00 - 6.95% interest - 5 year term - 25-year amortization - \$617.92/month.**



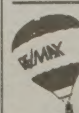
### 3. "Cute and Cozy"

This 2 bedroom bungalow with lot would make an excellent starter home or invest into a revenue home. Includes fridge, stove, washer and dryer. Priced to move! **\$35,000.00.**

## STILL RENTING?

Nice of you to help the guy who owns the building pay his mortgage every month.

If you rent, what you're really doing is paying the landlord to own the property. If it goes up in value and he sells, you don't benefit one cent. On the other hand, if you own your own home and it goes up in value and you sell, any profit you make is not only yours, it's also completely tax free. The RRSP Home Buyers Plan is like a well kept secret. Learn about it and how to get your down payment and you can own your own home this year!



**RE/MAX**

**Lakeland Realty**

St. Paul - 645-5533

Elk Point - 724-3781

Broker/Owner - Glenn Harms  
Sales Rep. - Franklin Wolters



# View Points

## Winterfest fun



FUTURE STARS ON ICE had their opportunity to take a few turns around the rink at the Winterfest on Sunday, some of them for the first time on skates.

## Nutrition notes

# Maintaining healthy eating habits over the holidays

By Julia Painchaud  
Dietician, Elk Point Health Centre

The Christmas season is full of happy times and good food. Christmas can also be a time of stress and anxiety which can influence how much and what we eat. Here are some tips to help ease the Christmas season:

1) Try to modify your recipes to make them lower in fat and sugar. Many recipes are handed down from mother to daughter and cutting back on fat and sugar doesn't make a big difference in taste.

2) If you prefer not to modify a recipe just try to eat less if you know the item is high in fat and energy and have some-

thing else that is lower in fat and energy (ie fruit/vegetables).

3) Cooking method is also important for the main meal. Try to cook using methods that add less fat to foods (ie add 2% milk to mashed potatoes instead of butter and cream/whole milk).

4) Snacking during the holiday season is a common ritual, but it is usually candy, chocolates, baked goodies or nuts. Snacking is good but try to throw in some fresh fruit, raw veggies and low fat dip or a low fat turkey sandwich.

5) If you are going out to a social function and the dinner is later in the evening, have a snack before you go. This will

help to prevent overhunger which can lead to overeating.

6) Don't forget about water. Eating all that rich and sweet food can lead to dehydration, especially when combined with alcohol. So try to have fluids that will rehydrate your body (water is best choice). This will help keep you alert, motivated and feeling good.

7) Try to maintain an exercise plan over the holidays. Exercising will make you feel less like overeating and will help to deal with the extra calories that are hard to avoid at this time of year.

Remember it is what is done the majority of the time that counts. Have a safe and happy Holiday Season.

## Education Week at J. F. Dion School

A number of students from J. F. Dion School, Fishing Lake, sent us their impressions of Education Week. Here are some that we'd like to share with our readers:

By Philip  
Grade 3

The theme of Education Week was "Why Education is Important to Me." It took place during the week of Nov. 12 - 15, 1996. We had various people visit the school.

On Nov. 12 we had a Book Fair and all the children got to buy a book. And also Jennifer and Mike talked about sports. Mike let us try on his helmet. We also had Mr. Howard and he talked about drawing and lots about his drawings, and said we should start drawing too.

Nov. 13 we had a career fair, there was Alberta Power and the RCMP too. We had fire fighters. There were lots of people there.

Nov. 14 we had Mrs. Brooker, and she talked about the newspaper and how she always wanted to be a news reporter.

By Kristin  
Grade 3

On Tuesday we had a book fair and there's a lot of books at the book fair. It is nice to me and it is nice to the J. F. Dion School and it is very nice in the

inside.

On Wednesday the RCMP came to talk to us about drugs and it was a nice talk. These people are very special to us.

On Thursday Mrs. Brooker came to talk to us about newspapers and it was very nice of her to come to the school to talk to us about the newspapers.

On Friday the Council and Administration talked to us and they were Ross, Arlene and Rick.

By Heather  
Grade 3

The theme of Education Week was "Why Education is Important to Me." It took place during the week of Nov. 12 - 15, 1996. We had various people visit the school. Tuesday, Nov. 12 the book fair started and Jennifer Daniels and Mike Pavelec came to our school and a Metis historian (Mr. Howard) came to our school.

On Wednesday, Nov. 13 there was a career fair and the RCMP came to talk about drug awareness.

Thursday, Nov. 14, Mrs. Brooker, the person who writes newspapers came too and Margaret Fayant came to our classroom. Friday, Nov. 15 a councillor and the administration came. The Grade 6 students did fundraising with a bake sale.

What I liked best was the book fair and when Jennifer

Daniels and Mike Pavelec came because there were lots of good books at the book fair and Jennifer is nice and Mike Pavelec is nice and he is really tall.

By Malory Fayant  
Grade 4

The theme of Education Week was "Why Education is Important to Me." It took place during the week of Nov. 12 - 15, 1996. We had various people visit the school.

On Nov. 12 Jennifer Daniels and Mike Pavelec came to talk to us about being an athlete and how important school is. Also we had a visit from a Metis historian, Mr. Howard who talked to us about being a Metis.

On Nov. 13 we had a career fair in the gym. We went to every station but some kids couldn't go to the fire hall station. The RCMP came to talk about drug awareness.

On Nov. 14 Mrs. Brooker came and talked about newspapers and Margaret Fayant came to talk about old schools and what they did for a living. Report cards and parent teacher interviews.

On Nov. 15 the council Administration that is Ross, Arlene and Rick came to talk about the office and what they did for a living.

What I like is Jennifer Daniels and Mike Pavelec

## The Elk Point REVIEW

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Canadian Community Newspapers Association



# Recreation keeps residents busy at Parkview Extended Care

By Carolyn Onusko

Parkview Extended Care

At Parkview we have 25 long term care beds and two respite beds.

I, Carolyn Onusko, coordinate the recreation program. I've worked in recreation in Elk Point for the past 13 years. I work Monday to Thursday each week.

My team includes Joanne Ference, who has worked 12 hours a week for the past year. We used to work in the Nursing department together. Joanne drives the Handibus and is very adept at it. The bulk of my team is made up of volunteers and volunteers. They run the Friday bingo and music programs. Some of the volunteers, such as Mandy Saranchuk, Betty Radies, Carol Hellquist and Becky Waltz devote one day a week to help out. And what a help they are! Laurie Keichinger comes weekly to lead our sing-a-longs.

At present our volunteer is Donna Kulczycki. She is a very busy grade eleven student who still manages to find time for work experience.

Horticulture is an important part of our programming. We grow our own bedding plants to plant in our garden. These are raised beds so that our wheelchair residents can take part. We even grew pumpkins this year. We were able to have a harvest dinner using our own vegetables.

Our baking program is a weekly affair. All the birthday cakes are made during this time as are freshly baked bannock, buns, cookies, soups, and special dinners. The men are a big help with this activity.

Our newsletter, called Parkviews and News, is published monthly.

Church services are held on a regular basis with Bible readings held weekly.

The children's program is held monthly with moms and tots doing exercises, games and crafts with the residents. A lunch is served before they go home.

Our handibus is used for outings that the residents choose at their resident council meetings. We are in need of more volunteer drivers with a Class II or IV licence. The handibus is operated by the Elks and Lions.

Hughie Krucik has been faithfully bringing her dogs for the past number of years. Many of the residents relate so well to pets. We are in need of more people to volunteer for this program. We are also interested in having an in-house pet.

We encourage community and family members to visit, socialize and volunteer whenever they are able. A touch, a smile or a caring hand makes a resident's day. If you would like to come at meal times, meals can be ordered from our dietary department.

Bulletin board displays are being done by Myrna Fox to mark special holidays and seasons. It brightens up our home and gives us some cheerfulness.

We are in need of card players as many of our male residents are interested in this activity. Can anyone help us out with canasta?

Therapeutic recreation is our main focus. This means activities are meant to be enjoyable, beneficial and are designed to strengthen the body, mind and spirit.

All residents have a choice in what activities they wish to attend, be it group exercise,

walking program, reminisce and discussion groups, video, sensory stimulation, men's only program, etc.

Some of our residents have been with us for fifteen years. They are truly like family. Two of our residents will be having their 101st birthdays soon.

Many of our residents are lonesome and need a visit from someone to show they care.

If interested in volunteering for any of these activities, give Carolyn a call at 724-3847.



BALLOONS AND FACE PAINTING are fun for both soon-to-be-101 year old Grace Franks and her great-nieces Maureen and Kristy Myshaniuk.

## action on HEALTH

**Albertans have told us that they want a health system that prides itself on:**

### ACCESSIBILITY

You want health services to be there when you need them.

We share the priority you place on accessibility, quality and stability. That's why we're taking Action on Health to continue to improve the health system to meet your needs.

Highlights of the initiatives we are taking to improve our health system are:

**Initiative** Reduce waiting lists for heart surgery, organ and bone marrow transplants, kidney dialysis, neurosurgery and cancer surgery through an additional \$41 million for provincewide services and \$17 million for equipment.

**Initiative** Improve emergency room care, home care and long-term care through an additional \$235 million over two years to regional health

### QUALITY

You want health services provided by highly trained professionals giving the best possible care.

**Initiative** authorities and provide stable funding through implementation of a population-based funding formula.

**Initiative** Hire close to 1,000 more nurses and front-line support staff through an additional \$43 million to regional health authorities.

**Initiative** Review long-term care services so that beds are in the communities with the highest need and the needs of seniors are met.

**Initiative** Improve the efficiency and effectiveness of the health system through a "best practices" and administrative review of regional health authorities.

### STABILITY

You want critical health services provided without long waiting lists and you want to know what to expect from the health system.

**Initiative** Improve and expand health information technology systems to provide better information on which to make health decisions, while protecting personal health information.

**Initiative** Put in place a new and simplified patient appeal and complaint system to resolve patient concerns quickly and effectively.

We have heard your concerns about our health system and we have taken action. We are committed to providing every Albertan with an accessible, high quality and stable publicly-funded health system. We are committed to solving problems in the health system when they occur.

**We are taking Action on Health now.**

For more information on our actions on health or to provide your input call:

**1-800-883-5551**

**Alberta**  
HEALTH



ALL HOME GROWN! Henry Lorenson proudly displays some of the produce grown in Parkview's raised-bed gardens this past summer. The vegetables provided a tasty harvest dinner for the residents.



## FGM's ABOVE THE LIMIT Program still getting top marks

For the month of November the students of F.G. Miller High School have turned in a total of 767 entries. The entries so far total 3028 for the year, as impressive number considering only 3 months have gone by. The drum (barrel) roll was performed by the grade 8A class. The following people qualified to draw the winners names as the top entry holders in their class: Jennifer Flanders, Joanne de Moissac, Brian Goo, Bomee Lee, Cristine Lowe, and Julie Young. The drum roll was performed by Jonathan Yake.

Winners for this month were

HMV CD sponsored by Mrs. Poulin: Alyssa Fry, 81% Physical Education

Elite Theatre pass sponsored by the Elite Theatre: Brandi Bekker, 93% French

Elite Theatre pass sponsored by the Elite Theatre: Rocky Pilisko, 93% Bio 20

UFA Waterbottle sponsored by Chris and Gail Havener: Matt Buksa, 102% (???) Math

UFA Hat sponsored by Chris and Gail Havener: Jessie Parragh, 97% Social

UFA Hat sponsored by Chris and Gail Havener: Jana Boisvert, 99% Accounting

Congratulations to the winners. Next month's prizes will be drawn at our annual Christmas Brunch bu the Grade 8B class.

Top entrants for each class were:

Grade 12A: Shaun Moroziuk, Raegan Croteau, Tim Havener, Darren Watson

Grade 12B: Christa Hammond, Robyn Danyluk, Amber Kopeck, Jill West

Grade 11A: Paul Erickson, Rachel Peterson, Rocky Pilisko, Ben Poulin, Nadia Wentworth

Grade 11B: Jaylene Purdy, Helen Wilcox,

Stewart Povaschuk, Judy Kim, Lesley Andrews

Grade 10A: Patricia Keichinger, Erica Neilsen, Lesley Quist, Marilyn Jendruck, Mary Easthope, Amy Gildersleve

Grade 10B : Michelle Hutton, Jana Boisvert, Jennifer Kadutski; Corrine Lowe, Corbert Gildersleve

Grade 9A: Aileen Harper, Spencer Easthope, Denise de Moissac, Marci Bintz, James Purdy

Grade 9B: Jessie Parragh , Len Hoac, Ben Peterson, Levi May

Grade 8A : Jennifer Flanders, Joanne de Moissac, Brian Goo, Bomee Lee, Cristine Lowe, Julie Young

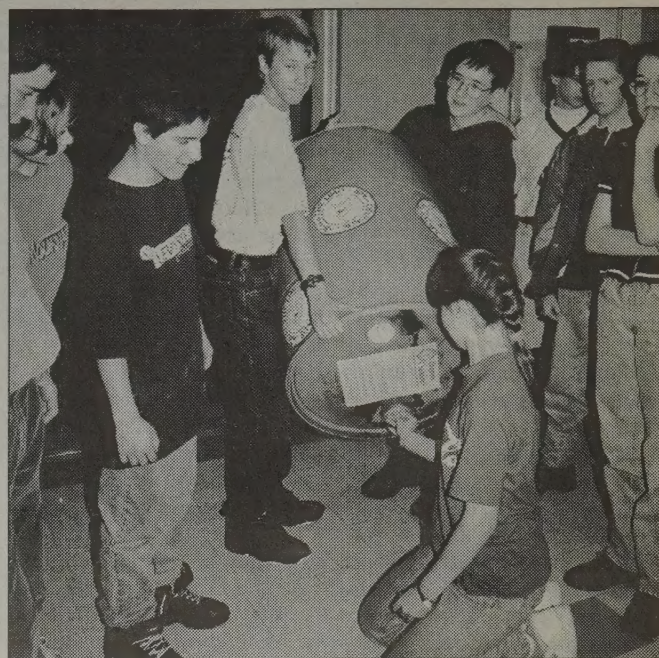
Grade 8B: Tanya Pankiw, Amanda Leaf, Carlen Mutch, Billy Turner, Danny Wentworth

Grade 7A: Roy Kim, Kali Cousins, Matthew Buksa, Ronald Kulczycki, Erin Bintz

Grade 7B: Leanne Wilson, Carissa Maksymec, Bronwyn Bilak, Alyssa Fry, Romy Rohner



PRIZE WINNERS -- Alyssa Fry, Jana Boisvert, Rocky Pilisko and Brandi Bekker, .



DIGGING DEEP into the bulging barrel of Crusade Above The Limit entries, Jennifer Flanders pulls out another prize winner's name.

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or 1-403-724-4087 Mon. - Fri.

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REVIEW

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Call the Elk Point Review at 724-4087.





# High school library benefits from book fair proceeds

By Denise Smereka  
F. G. M. Librarian

The R.E. Beattie Library at F.G. Miller High School would like to thank all those who supported their Annual Scholastic Book Fair. Sales from the partial fair held at the Elks Christmas Craft Sale were \$200 and the following weekend at our annual Crafts and Books Sale in the gym sales were

approximately \$800. The proceeds from the fair (approx. \$400) will be used to purchase books for the library. Special thanks to those who helped with the fair on both weekends and to Gene Cardinal for doing the artwork for this year's logo.

Congratulations to the winners of our draw:

**pencils:** Brett Lindquist, Felina Kinjerski, Brandy-Lynn

Harper, Michelle Friesen, Sage Lowry, Kris Derewynka, Derek Wruth, Clayton Wruth, Jaylene Purdy.

**bookmarks:** Michelle Hillebrand, Alyssa Dallaire, Don Bury, Rhonda Wruth, Wendy Sherstan, Chelsea Schnurer, Jenetta Roberts,

**books:** Virginia Millar, Catherine Campbell, Ashley Hebblethwaite.



FGM BOOK FAIR offered shoppers a good selection.

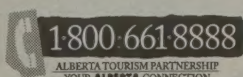
## Ten hot things to do this winter

Hey, Alberta! It's time to Do Winter. And here's a hot list of things to do.

Build the ultimate snowman or snowfort. Soak in a hot tub or sizzling hot spring. Sip hot chocolate by a crackling fire. Shoot downhill on a big fat snow tube. Pack a picnic and dine in the sunshine. Slip on your snowshoes and make rabbit tracks. Sign up the kids for skating lessons—or take to the rink yourself.

Near or far. Wherever you are. There's always something hot to do this winter in Alberta.

Do Winter in Alberta. It's Worth a Special Trip.



To "Do Winter in Alberta",  
call our toll-free number.



**Do Winter!**  
*in*  
**Alberta**  
*It's Worth a Special Trip*



# Elk Point Interagency Committee updates

(Editor's Note: Last week we started this story and neglected to finish it. Therefore we are running the story in its entirety this week. Our apologies for the confusion.)

Elk Point Interagency Committee met on November 5 with Jodi Boucher, physical therapist at Elk Point Health Centre, as their special guest. She explained that the Health Centre now can bring in a number of community rehabilitation programs to Elk Point.

A Back Care Class is currently running at the Health Centre on the first Monday of the month from 1 to 2 p.m., a workshop on osteoporosis, entitled Building Better Bones, was scheduled for November 13 in Cold Lake, and a Walk Through Wellness evening, which includes sessions on fitness and exercises with a physical therapist, nutrition with a registered dietician, and stress

management with an occupational therapist, is being planned for Elk Point in the new year.

Sessions on how to start a fitness program, stress management and what to look for when buying new shoes are available if sufficient interest is shown. The first would be conducted by Ms Boucher, and the latter two by Occupational Therapist Todd Farrell.

Audiologist Diahann Whittfield works out of St. Paul, but could come here to give any of six sessions to a group: How We Hear, Hearing Loss, Impact of Hearing Loss, Effective Communication, Hearing Aids and Assistive Hearing Devices. Also available are commercial and industrial ergonomic assessment services for workplaces.

Pulmonary rehabilitation, aimed at patients with chronic

obstructive diseases, is a six week program of lectures, exercises and lifestyle teaching instructed by two respiratory therapists.

Ms Boucher is a full time physical therapist at the Health Centre, and appointments to see her can be made without a doctor's referral. However, the Health Centre does not have a Workers' Compensation Board contract and cannot see WCB clients, who must go to Vermilion, Bonnyville or St. Paul.

In business from the previous meeting, Interagency was told that the Local Health Council's first meeting was scheduled for November 8, and that good feedback has been received from members of the Community Health Council.

Deanna Easthope has agreed to take over the

President's position on Interagency, and Barb Kaufman has agreed to stay on as secretary. They are still looking for a vice-president prior to the elections at the December 3 meeting.

Agency updates included: United Church has practices underway for the Interfacility Carol Service on Dec. 15 at 7 p.m., and Christian Studies on the first, second and fourth Thursday evenings of the month at 7 p.m.

Senior Citizens have scheduled their Christmas dinner for November 24 at 1 p.m.

Baptist Church: Sunday School Christmas program, evening of December 22.

Straight From the Heart: Funding was received for a third year of the Tobacco Reduction Program.

AADAC: National Addictions Awareness Week is

November 18 to 23.

RCMP: Peter Sherstan is the new representative.

FCSS: National Child Day is November 20. Children's Services Working Committee is November 26. Elk Point Community Choir Concerts are Dec. 11 and 13.

Elk Point Health Centre: New locum physician, Dr. Sandy Koe is in town for three weeks to see if the community meets her needs professionally and personally. Palliative Care Committee is again doing a Tree of Hope project to raise funds.

Chamber of Commerce: Christmas Extravaganza December 6.

County FCSS: Family Violence Prevention Month. A committee is currently working on the feasibility of merging FCSS groups.

Health Unit: Flu shot clinics were well attended.

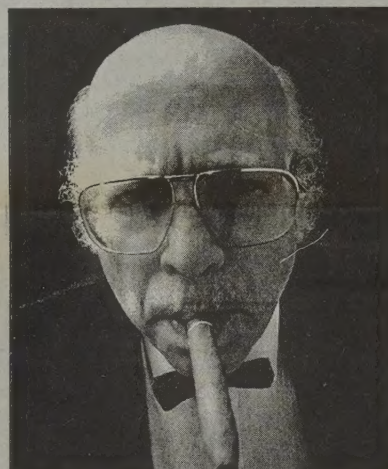
## Donating game hides puts money into conservation

Sportsmen are the largest group of conservationists in Alberta. A portion of licence fees goes to various funds and programs to maintain and enhance wildlife habitat. Every piece of land set aside for habitat conservation ensures that continued survival of Alberta's game and non-game species.

Another opportunity to provide money for the conservation of habitat is participating in the Alberta Fish and Game Association's hide Collection Program. This well established program gives sportsmen the opportunity to donate game hides they are not going to have tanned, to the Alberta Fish and Game Association. Money collected from the sale of donated hides specifically earmarked for the Wildlife Trust Fund and used to acquire critical areas of wildlife habitat. By donating to the program, sportsmen put funds back into the resource, ensuring its availability in the future.

Last year approximately 4000 hides were collected at 80 volunteer run collection depots. Anyone donating a hide is eligible for prize draws at the depot and a chance at one of the three main prize draws of a rifle, with scope, to be drawn from the names of all participating sportsmen.

For more information, contact the Alberta Fish and Game association in Edmonton at 437-2342, Fax: 438-6872; or Halford Hide and Leather Company in Edmonton at 474-4989.



## WHAT THIS COUNTRY NEEDS IS A GOOD 5¢ CIGAR AND SOME HALF DECENT INTEREST RATES.

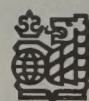
Investment Advisor **Guy Drouin** can help you shake the RateShock Blues. How? I can recommend a number of high-interest generating, high-quality products, such as:

- **Dividend Funds** are diversified low-risk portfolios which have consistently returned 10% per year, with a tax break as well.
- **Index-Linked Notes**, which offer the higher returns of the stock market, but the principal is guaranteed by the Government of Canada.
- **Royal Bank of Scotland US\$ Preferred Shares** yield **8.73%**, based on a payment of US\$2.25 per share, with a total cost of US\$25.75 per share. Sorry, no dividend tax break.

For more information on how to earn above-average returns, please call me.

Now, all we need is a cheap cigar.

Guy Drouin: (403) 645-2015



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## LRJ'S Consignment Auction TOTALLY UNRESERVED

**Saturday, December 7, 1996 - 11:00 a.m.**

**Located:** St. Paul, AB., 5 miles west and 1/2 mile south on Cartier Road.

*Large Quantity of Government Surplus  
Office Furniture & Supplies  
Collectors - Money, Coins & Stock Certificates  
1991 Ford Tempo 4-dr., 1987 Hyundai Exce GL*

**11:00 a.m.** - Government Surplus  
**1:00 p.m.** - Cars & Collectors' Items

**Terms and conditions of sale:** Cash or certified funds. Now taking bookings for spring and summer auctions. Lic. #208048.

For more information phone Marcel or Debbie Leroux 645-2650

**SALE CONDUCTED BY:**

**Marcel Leroux Auctioneering**



## What's news at the library?

# We're taking a long Christmas break!

By Michele Duczak

Librarian

The library will be closed from December 24 to January 1 for Christmas. This means that the last day to stock up on reading materials and videos before the holidays is Saturday, December 21. Mark your calendars.

Some of the comments made by the library patrons indicate that many feel that winter came way too early this year. Maybe it's time to start planning a winter getaway trip to a place where a snowstorm is unknown. The library has just received two new titles that might help with your planning.

**The Best Public Golf Courses in the United States, Canada, the Caribbean and Mexico** by Robert McCord is a complete guide to over 600 golf courses. An excellent aid in planning the perfect golf vaca-

tion.

**Worldwide Cruises and Ports of Call 1997** from Fodor reviews 125 ships and 32 cruise lines and gives you the low-down on how to get the most out of your cruise from getting the best deal to recommended shore excursions.

We also have various guide-books to all sorts of exotic

locales and books about winter activities should you get the urge to go outside and do something.

### LIBRARY CALENDAR:

Fridays, 10:30 a.m. -- Storytime

Friday mornings from November 22 to December 20 - Storytime will be making Christmas ornaments to hang the library's tree and to

take home.

**Friday December 13--**  
Storytime Christmas Party  
**December 24 to January 1 --**  
Library closed for Christmas break.

## Happy 50th!



From the Gang

## COMMUNITY NEWSLINE

**Elk Point Mini-Market** - Fridays 11 a.m. to 3 p.m. in Macleods store, Main Street. To book tables, call Lois at 724-3823 or Elsie at 724-3792.

**"Mother to Mother" Breastfeeding Support Group** - meets 4th Monday of every month, 10 a.m. Call 724-3332 for more info. Expectant mothers and older siblings welcome.

**Elk Point Parent Nursery** - Every Wednesday beginning Sept. 25, 10 a.m. to Noon, Elk Point Baptist Church Basement. Children under 6 and parents welcome. For more info, call Donna Arnold at 724-3373.

**OORP Crafts and More** - Saturday, November 16, Elks Hall. Call Lois Yaremkevich at 724-3823 or Freda Popell at 724-2541 for table rentals.

**Al-Anon Family Group Meeting**, Room 605, Elk Point Municipal Hospital, Wednesday evening at 8:30 p.m.

**Alcoholics Anonymous** meeting, Wednesday at 8:30 p.m., Room 604, Elk Point Hospital.

**T.O.P.S.** meets every Wednesday, 6 p.m. - 7 p.m., Old Courthouse, west door, Elk Point.

**"New To Town"** FCSS would like to welcome and familiarize new families with the services and programs available in town. Welcome packages contain a community directory, volunteer directory, coupons, maps and more! Call 724-3800 for more information or drop by 4902 - 51 Street.

**Recycle Your Paper** - Paper trailer is located at the Universal Bottle Depot - 5214 Railway Ave. We take newspapers, flyers, computer and bond paper. No cardboard boxes, milk or egg cartons, phone books or glossy magazines. Please sort and bundle with string or put in cardboard boxes.

**Elk Point Public Library** - Mon. - CLOSED; Tues. and Thurs. 1 p.m. to 5:30 p.m.; Wed. 2 p.m. to 9 p.m.; Fri. 10 a.m. to 5 p.m.; Sat. 11 a.m. to 3 p.m.; Storytime - Fri. at 10:30 a.m. Photocopies. Extended library services and reliable information sources. Public meeting space available to non-profit organizations at no charge. Please call the Elk Point Library for booking at 724-3737.

**The Elk Point Legion** now meets on the 2nd Tues. of each month at 7:30 p.m. in the Seniors' Centre.

**Elk Point Auto Club** - meets at the Empress Restaurant, Elk Point, the 2nd Wednesday of each month. More information call: Ed Smith at 724-2527.

**Elk Point Oulettes** regular meeting is the 1st Thursday of the month. For more information, call Fay at 724-2036.

**Elk Point & Area "Stop Family Violence" Support Group** - meetings are held 2 times a month. For more information call 724-2380, 724-3800 or 645-1950.

**Adoption Support Krew** - meets the 2nd Mon. of every month at Social Services Bldg., St. Paul from 7:30 - 9:30 p.m. For more info call 724-3031.

Many Albertans gamble as a form of recreation. For a small minority, however, gambling becomes a problem. If you or someone you know is experiencing personal, social or financial problems as a result of their gambling, confidential help is available. Call 1-800-665-9676.

## THANK YOU

ZAROWNY, Louie

We want to thank everyone for their thoughtfulness and sympathy in our time of our deep loss. Thank you to Dr. Ramful and staff at the Elk Point Hospital, the Lodge and also John and Caroline Yewchin. And thanks to all who sent us cards, flowers, phone calls and food and for supporting us by attending at the funeral. May God Bless You All!

Karl & Nancy Heinemann & Family

## THANK YOU

HEINEMANN

I would like to give a big thank you to all my family, friends and neighbors for all the get well cards, flowers, phone calls and visits to me while convalescing from my surgery. Thank you and may God Bless You All.

Nancy Heinemann

## IN MEMORIAM

IN LOVING MEMORY  
OF DOREEN BERG

*Today recalls sad memories  
of a dear mother gone to rest.  
And the ones who think of her  
today  
Are the ones who loved her best.*

Sadly missed by son Lorn, wife Angie and grandsons Dustin and Dylan and daughter Roxie, husband Leonard Bretzer and grandchildren Bradley, Bailey, Brandi and Brandon.

## IN MEMORIAM

UCHMAN, Stan

In loving memory of Stan Uchman, who passed away December 4, 1988.

*Our hearts still ache with  
sadness,  
Our eyes still fill with tears,  
Although it seems a life time,  
The days are now eight years.*

Sadly missed by wife Anne, children and grandchildren.

## Wedding Announcement



Diane & Len Cole  
along with

Steve Wolanuk

are happy to announce the  
marriage of their son

**Duane Wolanuk**

to

**Trina Wenzel**

Daughter of

**Doug & Sharon Wenzel**

Ceremonies took place September 21 in Banff and the happy couple reside in Edmonton.

## Business Directory

### E. Koss Trucking Septic Service

Pumping out of:

- Septic Tanks
- Mud Pits
- Flooded Basements, Etc.

Pump Sales

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## CHURCH SERVICES

**Elk Point Baptist Church**  
5705 - 49 St., Elk Point  
**Pastor Jim MacLellan - 724-4194**

Family Worship Service  
Sundays - 10:00 a.m.  
Sunday School for  
All Ages - 11:15 a.m.  
Call Church answering service for  
current programs and times.

**United Church of Canada**  
Elk Point

**REV. NORM HARTLEY - 724-3616**

**CHURCH OFFICE HOURS**  
Normally - Mornings Tuesday to Saturday

**WORSHIP SERVICES**  
Sunday - 10:00 a.m. Church  
Service; 10:00 a.m. Sunday School

**Elk Point Christian  
Community Church**

**Rev. Sam Donaldson - 724-2493.**

Railway Avenue and 53 St.  
Sunday Worship Service - 11:00  
a.m.; Sunday School - 11:00 a.m.;  
Youth Group (Fri. Club - Gr. 4, 5 & 6)  
2nd & 4th Fri. 7 p.m.; Office hours -  
Thurs. & Fri. 9 a.m. - 12 noon

**Bible Fellowship Church**  
Clondonald  
Services held every  
Sunday at 11:00 a.m.

**St. Michael's Catholic Church**  
Sunday Mass 12 p.m.

**Bethel Lutheran Church**  
of Lea Park  
Sunday Worship Services, 10:30 a.m.

**St. Vladimirs' Ukrainian  
Orthodox Church ELK POINT**  
For service times, call 645-5156, St.  
Paul or 724-4351, Elk Point.

## ELITE THEATRE

Movie Information Lines  
St. Paul, 645-3448. Two Hills, 657-3339  
Feature Subject to Change Without Notice

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## 1 AUCTION

**CHALET AUCTION**, Sat., Dec. 14, 1996. Sale time 11 a.m. at Ghost Center, located 16 km west of Cochrane on Hwy. 1A. Open House, Dec. 8, 11 - 5 p.m. On offer: Six 16' X 30' arch frame chalets, completely furnished. Chalets, ready to be moved. Auction conducted by Rosehill Auction Services Ltd., Okla, AB, 403-556-3655. 1-49

## 2 AUTO

**FOR SALE** - 1992 Ford Ranger, 4-cyl, 5-spd. overdrive, running boards, factory box liner, slider, low mileage. Premium condition. \$6,250. Phone 645-2470 evenings. Dec10

*Consign your car, truck, motorhome, motorcycle with confidence.*

**Ron at  
Specialty Motor Car**  
5037-50 Ave., St. Paul - 645-6998

## 4 BUSINESS OPPORTUNITIES

**EVERYBODY NEEDS** batteries. Part-time income opportunity. Call 306-668-4653. Battery Boys Specialty Battery Company, 10 - 510 Circle Drive E., Saskatoon, SK, S7K 7C7. 1-49

## 4 BUSINESS OPPORTUNITIES

**GOVERNMENT FUNDS.** Government assistance programs information available for your new or existing business. Take advantage of the government grants and loans. Call 1-800-505-8866. 3-51

**IN HOUSE TRAVEL** business \$6,500. Canadian. Includes training manuals, software, two trips south, ongoing support, internet access and highest earning potential in the industry. Call 403-852-5929. 2-50

**\$NEED MONEY\$** call 403-484-5379. Quick approvals anywhere in western Canada. Property purchases and equity takeout loans. Flexible terms. Poor credit okay. Provincial Equity Funding Corp. 1-49

**LEATHER/SHOE** repair business for sale in Red Deer area. Training, machinery and supplies included for \$25,000. Owner motivated. Call 403-227-1012 shop; 403-227-4488 leave message. 1-49

**WESTERN WEAR** and tack shop for sale. Excellent business in progressive mall. Attractive lease. 50,000 trading area. St. Paul, AB. Phone Diane 403-726-3889 or 403-645-4618. 1-49

## 4 BUSINESS OPPORTUNITIES

**INTERNET CORRESPONDENTS** required. Challenging, full and part-time. Canada wide. Your opportunity to use your computer building home based income/business. E-mail us at [tth@timetohire.ca](mailto:tth@timetohire.ca). 1-49

**FORBIDDEN FINANCIAL** knowledge? Legal proven strategies the super wealthy have known for years! Learn as you earn, savvy financial skills, off-shore technologies. 90% profit. 1-888-736-4411. 1-49

**LIFESAVERS DISTRIBUTORSHIP** will not interfere with present employment. No selling required. Service accounts handling Lifesaver Candy. \$8,500. investment required. Best one person business ever! Just ask our distributors. Work 2 hours per week. For courier package with complete details call Marketing Manager 1-800-336-4296. 1-49

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**Erin Jubinville 826-2406.**

## 6 EMPLOYMENT OPPORTUNITIES

**TANK/VACUUM** truck operators needed in the Whitecourt area. Class I or Class 3 and TDG required. Other oilfield tickets an asset. Phone 403-778-6113, 24 hours. 2-50

**FULL-TIME PARTSMAN** and H.D. mechanics, Case IH dealership. Excellent benefits. Phone 403-349-3720 or mail resume to: Red Eagle Farm Equipment, Box 1500, Westlock, AB, T0G 2L0. 2-50

**PROMOTIONAL** Advertising Company looking for mature individuals to sell Logo'd Matches in your community. Vehicle required. Phone 1-800-563-6159 or 403-465-4242. 1-49

**FEEDLOT WORKER** REQUIRED. Inexperienced need not apply. Contact Tracey or Darren. Fax resume to: 403-795-2694. 1-49

**CENTRAL ALBERTA** petroleum contractor requires experienced seismic drillers. Require valid drivers license/all tickets. Only qualified and competent need apply. Fax 403-352-5705 or Richard 403-352-5707. 1-49

**REQUIRED IMMEDIATELY** for Case IH agricultural dealership in central Alberta, service manager/shop foreman. Case IH experience as well as computer inputting preferred but not essential. Must be a team player, focused on excellent customer service. Interested applicants apply to: Box A, c/o Stettler Independent, Box 310, Stettler, AB, T0C 2L0. 1-49

**JOURNEYMAN DIESEL** mechanic required for oilfield truck fleet. Modern shop facilities. Full-time and benefits. Relocation assistance available. Provost, AB. Fax resume to: 403-753-4758. 1-49

**CERTIFIED DENTAL** Assistant Level II. Looking for new challenges, have experience, love responsibility, and are highly motivated? Come join our progressive, well established practice in west central Alberta. 403-845-3111, fax 403-845-7610. 1-49

## CLASSIFIED

### AD

### DEADLINE

4:00 p.m. Thursday

## 6 EMPLOYMENT OPPORTUNITIES

**BOW ISLAND** Chevrolet Oldsmobile requires a journeyman automotive technician. Excellent company benefits and pay plan. Send or fax resume to: Attention: Jim Moser, Box 280, Bow Island, AB, T0K 0G0. Phone 403-545-2262, fax 403-545-2588. 1-49

**JO-ANN TRUCKING LTD.**, is hiring in the Brooks area. H.D. mechanic: This individual must hold a H.D. journeyman mechanic's ticket and have a good understanding of oilfield trucks and picker cranes. Picker and bed truck operators: Must possess 5 years oilfield driving and a Class I licence. Require abstract, resume and references. Purchasing agent: Must possess good working knowledge of truck parts, purchasing and inventory control, possess Class 5 licence. Computer skills and knowledge of inventory software an asset. Above industry benefits package. Apply in person in Brooks, Alberta at Jo-Ann Trucking Ltd. west at CE Franklin Supply on Jo-Ann Trucking road (Water Tower). Jo-Ann Trucking Ltd. is an equal opportunity employer and promotes an alcohol and drug free work environment. 1-49

**REPORTER WANTED.** Large Saskatchewan weekly newspaper is seeking general duty reporter with solid writing skills who's proficient with camera. Must be a self-starter able to work with minimal supervision. Competitive wage with health/dental plan. Experience an asset but not essential. Send reply to: Box 8790, 4-2155 Airport Drive, Saskatoon, SK, S7L 6M5. 1-49

## 6 EMPLOYMENT OPPORTUNITIES

**REQUIRED IMMEDIATELY** for Case IH agricultural dealership in central Alberta, journeyman and apprentice agricultural equipment technicians. Case IH experience preferred but not required. Full-time employment with excellent wage, pension and group benefit plan. Must be a team player, focused on customer service. Apply to: Box Z, c/o Stettler Independent, Box 310, Stettler, AB, T0C 2L0. 1-49

**BE A SUCCESSFUL WRITER**...write for money and pleasure with our unique home-study course. You get individual tuition from professional writers on all aspects of writing - romances, short stories, radio and TV scripts, articles and children's stories. Send today for our Free Book. Toll free 1-800-267-1829; fax 1-613-749-9551. The Writing School, Suite #2700, 38 McArthur Ave., Ottawa, ON, K1L 6R2. 3-51

### Employment Opportunity

### Owner Operators

Must have pump. Need positive air shut down. Looking for trucks around 8500 kg.

Please contact Doug at  
1-306-825-4071

**Gibson Petroleum Co. Ltd.**  
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## REID'S WELDING (1981) INC.

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### • FIELD OFFICE MANAGER-ELK POINT

The successful incumbent will be responsible for the coordination of the information flow from the branch office to the head office, as well as supervision of the office staff under the direction of the Area Manager. Duties will also include purchasing, preparation and pricing of job tickets, some data entry, customer service, counter sales and telephone duties. You will also be responsible for the financial reporting.

#### This individual must possess:

- Demonstrated ability to work with figures.
- Excellent organizational and communication skills.
- Capability to work independently and prioritize.
- Good data entry skills.
- Accounting background with a strong understanding of the business processes and systems.
- Good motivational and team building skills.
- Some knowledge of equipment and tools.

#### QUALIFICATIONS:

- Minimum of three years oilfield related experience in a supervisory capacity.
- Grade 12 Diploma.
- Some formal Accounting training.
- Experience and training in Microsoft Word, Excel, Access and computerized job costing programs would be a definite asset.

Reid's is an equal opportunity employer offering competitive wage and benefits packages including life, health, disability and dental coverage. We also offer career development, leadership opportunities and various incentive programs.

If you are a team player and feel you possess the required qualifications, please submit your resumé before December 13, 1996.

## REID'S WELDING (1981) INC.

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**FOR SALE** - Large round straw bales, wheat and oats. Phone 366-2276. Dec3

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## 10 FOR SALE

**JIGGER BUILDING SYSTEMS.** Design, build, supply, barns, sheds, riding arenas, cattle sheds, commercial shops, homes, garages. Phone/fax: 403-274-6985 or 403-540-0310. 2-50

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**FOR SALE or trade on equity in small house in any town; 1/4 section raw land near Valleyview.** Value \$10,000. Pete 403-289-2030. 1-49

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**GREAT GIFT for Christmas!** 1996 Ford Ranger, Cruise Holiday, more! Tickets only \$20. Draw Dec. 31. Lacombe Kinsmen Gala. Tickets selling fast! Visa/Mastercard. Call 403-782-4547. 1-49

**VIDEO GAMES** - We buy, sell, new, used games. Super Nintendo, Nintendo, Genesis, Saturn, Play-Station, 3DO, Game Gear, Game Boy. Free price list! Toll free 1-800-463-7529. A.J. Video Games, Saskatoon. 1-49

**FUSION STAINED GLASS,** a complete line of up-to-date tools, books, glass and accessories. We ship anywhere! Phone in Alberta 1-800-853-8655; 403-250-9381 elsewhere. 1-49

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**FOR SALE** - 2 purebred Longhorn bulls, 3 years old; 1 purebred Black Angus bull, long yearling, \$1,000 each. Phone 724-3332. Dec3

**FOR SALE** - 45 Charolais Simmental cross and Hereford Simmental cross bred cows. Preg. tested. Bred charolais. Good young cows. Phone 403-847-3050 evenings. Dec17

**FULLBLOOD LIMOUSIN BULLS** - Easy calving. 2-year-olds and 1-year-old, also 16' hitch horse trailer, 2 years old, like new, spare, mats. 645-6933. xxx

**HAMILTON FARMS/ Reich Angus Bull Sale.** 50 yearling Black Angus bulls. Dec. 14, 1 p.m. at Hamilton Farms, Calgary. Free delivery. Rob 403-932-5980 or Harold 403-372-2175. 2-50

**LUMONT RED ANGUS herd reduction** 135 cows for sale. All 3 year old to 8 year old cows will be sold by private treaty. No cows held back. Cows will be sold in their age groups. All cows will be preg checked and Ivomec applied. For more information call Monty Metzger at 403-947-2040.

**CHATWIN CHAROLAIS Herd Dispersal.** 60 lots of registered polled white and Red factor Charolais cattle. Dec. 14, 1 p.m. at Western Pride Auction Mart, Bonnyville, AB. Edmond 403-826-4259. 2-50

**HEIDINGER SIMMENTALS,** selling on Farm purebred females: 35 cows bred Simmental to calve Feb. and Mar. Also: 35 open Simmental heifers. Contact: Edward Heidinger, Smoky Lake, 403-656-2349. 1-49

## BISON EXPO

**Wed. & Thurs.  
Dec. 11&12**

**Indoors in the Ag Corral  
St. Paul, Alberta**

**WEDNESDAY, 6-10 PM** - Bison product trade show, Bison viewing, Bison on a bun, compliments of CIBC

**THURSDAY, 9AM** - Bison viewing and Trade Show  
**10 AM** - Bison production seminar  
**NOON** - Sale of approx. 60 selected bison including both Wood & Plains Bison from leading Canadian Ranches. Coffee compliments of TD Bank St. Paul & Vermillion.

Sale managed by Moore's Auctioneering Ltd. Phone 403-388-3759, Alder Flats, Alberta. Other events organized by North Eastern Alberta Bison Producers - hosts of 1997 Alberta Bison Association 1997 Summer Convention.

## 15 MACHINERY

**FOR SALE** - 1105 MF tractor, 135 Gehl mixer, raised farrowing crates, chaff vac, 7-ton steel hopper bin with big Dutchman feeder. 635-2162. Dec3

**CALL P.T.O.** for the following dealers: Corken, Midland, Bowie Transfer Pumps, Spicer, Neapco Driveshafts, ZNMR Vacuum Pumps, Wescon Control Cables, Chelsea P.T.O.'s, Permco Wetlinekits, Ramsey Winches. 1-800-428-4776. 1-49

## 16 MISCELLANEOUS

**FOR SALE** - Cordwood saw on frame and belt, 3 cordwood saw blades 24", set of heavy aluminum Wearever pots. Phone 658-2151 Lavoy. Dec10

**FOR SALE** - Office desk. Phone 724-2022. Dec3

**FOR SALE** - Yamaha Clavinova Classic electric piano. Black in color. Offers. Phone 724-2844. Dec3

**OLYMPIC BUILDING SYSTEMS** your fully engineered approved agricultural commercial building supplier. Buildings custom designed to your needs and area conditions. For information package call 1-800-426-0459. 1-49

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**\$NEED MONEY?** call 403-452-5858. Immediate approval. Debt consolidation, farm, acreage, city, home and mobile purchase. Interim financing. Consolidated Mortgages Ltd. 1-49

## 18 PERSONAL

**NEEDED** - People serious about losing 10 to 29 pounds. Satisfaction guaranteed. (Great income potential). Phone 1-800-875-5872. Dec10

**PSYCHIC MASTERS!** Genuine Canadian psychics. Past, present, future revealed. Romance, wealth, career, lucky numbers. Live and personal, 1-900-451-3778. \$2.99/minute, 18+, 24 hours. I.C.C. 4-50

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## 8 PERSONAL

**BABY BOY JANSSEN,** Adopted, born Feb. 1, 1942, Edmonton. Search for mother and siblings. Call 1-403-443-5415 or Box 725, Three Hills, AB, T0M 2A0.

**ASHGROVE CHRISTIAN SINGLES.** Companionship/marriage. Ages 18 - 85. Single, widowed, divorced. State age. All across Canada. P.O. Box 205, Chase, BC, V0E 1M0. Free information. 1-250-679-3543. www.bcweb-sites.com/services/Ashgrove. 1-49

**LONELY, CONSIDER** a match making service for companionship, marriage or outings. We offer and expect integrity, openness and honesty. Call Meet Your Match, 403-934-6907. 1-49

## 19 PETS

**GOLDEN RETRIEVER / BASSET PUPPIES** - 6 weeks old, very cute. \$50 each. Phone 636-2297. Dec3

## 20 REAL ESTATE

**CROWNEST MOUNTAIN** condominiums. Retirement, recreational, investment. Full ownership, not time share. One and two bedrooms from \$24,900. Newly renovated, including new appliances. Full service community, shopping, recreation, hospital, R.C.M.P., etc. Two hours from Calgary in Alberta Rockies. 403-562-2868. 3-49

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## 20 REAL ESTATE

**HURRY, MUST SEE,** 1996 Year End Show Home Sale on now! Prices drastically reduced, limited quantities. Free credit approval. Ridgewood Homes, Red Deer 1-800-797-5714, Calgary 1-800-797-5717. 1-49

## 21 RECREATIONAL

**FOR SALE** - 1995 Yamaha Phazer, 2500 km, handlebar and thumb warmers, excellent condition. \$5,000 obo. Phone 635-2512. Dec10

**FOR SALE** - 1996 MXZ 583 and 1995 Polaris Indy Trail. Both with low km and in excellent condition. Phone 645-3720. Dec3

**FOR SALE** - 1993 Yamaha Exciter SX long track. Tarp and single PSI pipe included. 3,000 km. Excellent condition. Phone Andrew at 726-3093 after 6:00 p.m. Dec3

**CASH PAID IMMEDIATELY** for good used RVs. Call Woody's RV World, Red Deer, 403-346-1130; 1-800-267-8253. 1-49

**1994 SECURITY 5th wheel, 32',** front kitchen, slide-out, loaded. 1988, 31' Vanguard Class A, loaded, only 54,000 kms. Follow the sun to Lacombe R.V. 403-782-4544. 1-49

## 22 SERVICES

**CRIMINAL RECORD?** Canadian pardon seals record. United States waiver allows legal entry without risk of arrest, deportation or property seizure. For a free consultation 403-229-1200. 1-49

**SELLING YOUR BUSINESS.** 15 years experience and expertise in selling every type/size business. We have 100's of qualified buyers ready to purchase now! Call Empire Business Brokers (Calgary) at 403-252-4202. 1-49

## Water Problems?

**Call Clear Country  
Water Services  
645-5706 - St. Paul**

## 25 WANTED

**ATTENTION LAND OWNERS,** select logging company looking for spruce and pine. Have references and consulting reports. Top dollar paid. Logging done to your specification. 403-435-0287. 2-50

**WANTED** good green second cut alfalfa bales, baled dry. Call Falher Alfalfa Ltd., 403-837-2244, ask for Phil. 2-50

**WANTED:** Coyotes, beaver, other furs. Prepared or in carcass. We pick up. CX Shooters Supplies, Edmonton, 403-451-6854, 403-939-2534. 1-49



## CASUAL HOME SUPPORT AIDE

FOR

## Elk Point Health Unit

The Lakeland Regional Health Authority Community Care Program requires the following position for Home Support Aide out of the Elk Point Health Unit:

**1 Casual - to provide casual day, week-end and/or evening services to Community Care clients located in the above area.**

As a Home Support Aide working under the direction of a registered nurse or therapist you will be responsible for providing assistance with personal care, basic treatments and support to individuals in the community.

Applicants must have a valid driver's license and be able to use own vehicle for work. Must have knowledge of basic hygiene, nutrition, home management and an interest in working with individuals of all ages. High School education and previous training and/or experience in a health care setting preferred. Basic Cardiac Life Support certification essential.

Please submit written applications by December 6, 1996 to:

**Diane Labossiere  
4720-55 Street, Grand Centre, AB., T0A 1T1**

(Due to anticipated response, only applicants chosen for an interview will receive a written response).

Posted: November 28, 1996



# Good weekend for Elk Point minor hockey teams

By Doug Bassett  
Elk Point Minor Hockey

Friday night a small crowd of loyal fans came to watch as the Thunder defeated the Grand Centre Oilers 8 to 2. A very clean game that was not

much of a challenge for the Thunder. Shawn Waskewitch opened the scoring at 16:44 of the first period, followed 20 seconds later by Loren Kozicky, and then Ferlin Quinney scored to make it 3-0

after 20 minutes. The second period turned out to be the most exciting period when Grand Centre scored their first goal, and the Oiler goalie made some very nice saves to keep them in the game. In the third the Thunder opened up again, with goals by Jordan Bassett, Marty Bendixen, Quinney with his second, and Kozicky, with his first hat trick of the season.

Sunday afternoon a team from Lashburn, SK rolled into town to meet the Thunder. This one turned out to be very entertaining. With great goal-tending at both ends of the rink, team captain Marty Bendixen finally opened the scoring at 4:22 of the first period on a power play, then added another to make it 2-0 after one. Into the second period Lashburn tied the game, before Bendixen, having a very good night, scored his third, giving him a natural hat trick. Early in the third things started looking good when Shawn Waskewitch scored making it 4-2, but it didn't take long for Lashburn to

score their third. With the Lashburn goalie pulled in the final minute, the Thunder attempted to score but iced the puck, giving Lashburn one last kick at the cat. Lashburn won the draw and scored, tying the game with only 7 seconds left.

In other hockey news, it was a good weekend for all the Elk Point teams. Dave Cousins' Novice team won a close game in Goodfish. In a tournament in Marwayne, Don Gallant's Atom team lost in overtime to Vermilion I and defeated Vermilion II. Blaine Easthope's Peewee Blades had two big wins, defeating Lloydminster and Bonnyville. The Bantam Lightning, with Ron Croteau on the bench, defeated Pierceland Saturday night 8 to 4. Brian Tucker and the girls' Storm lost Sunday in Irma, but gave a good effort with goals by Kandice Bjornstad, Megan

Tucker and Janice Derewynka, who scored her first goal of the season. And over in the beer league, that "old sniper" Jerry Kopeck scored a hat trick to lead the B & R Bullets over Bonnyville.

This week the Elk Point Minor Hockey Coaches take to the ice against the CFCW Critters on Thursday night at 7 p.m. Bring the kids out for this fun night. On Friday night the Thunder's six team tournament starts at 8 p.m. when the Thunder meets Ben Poulin and the Mallaig Monarchs. Games run all weekend with the final Sunday at 5:45 p.m. The three top teams in the N.E. League will be here, Kitscoty, Vegreville and Vermilion, along with fourth place Thunder. This will no doubt be some of the best hockey you will see this winter, so don't miss it!

## Big Bucks!



E-CAN'S MIGHTY HUNTERS and winners of this year's Big Bucks Contest were (right to left) Orin Ockerman, scoring 144 1/8, Mel Brooker, scoring 142 7/8, and Tim Smereka, scoring 137. In the Wives and Kids competition, Donna Ockerman (below right) won with a score of 123 3/8, while Tracy Bruins scored 104 3/8 with her first buck ever. Keith Baker judged the racks.



## Pioneer Circle bingo

November 25, 1996

Ann Stuparyk \$100, Amy Patroch \$100, Tanya Orr \$15, Lena Kuziw \$15, Muriel Holthe \$30, Mary Fortin \$30, Margaret Gladue \$30, Lorna Best \$30, Bernice Bykowsky \$30, Helen Benner \$30, Pearl Anderson \$30, Pearl Slywka \$30, Pauline Chomlak \$30, Tanya Orr \$15, Debbie Orr \$15, James Moosepayo \$30, Lorna Best \$15, Bob Whelan \$15, Carol Aulotte \$30, Pearl Slywka \$30, Lena Kuziw \$30, Annie Stuparyk \$50, Lena Cap \$20, Pearl Anderson \$50, Debbie Orr \$71, Mary McGilvery \$13, Ronnie Waskahat \$13, Ronnie Waskahat \$26, Debbie Orr \$22, Leona Bielech \$13, Florence Demchuk \$9, Ronnie Waskahat \$35.

## Legal & Marketing Workshops For Small Business

The St. Paul / Smoky Lake Business & Community Development Corporation is hosting Legal and Marketing Workshops in December. A limited number of spaces are available in both workshops.

The Legal Workshop is scheduled for **Tuesday evening, December 10, 1996 from 7:00 p.m. until 10:00 p.m.** in the St. Paul Office.

The full-day Marketing Workshop is scheduled for **Wednesday, December 11 from 9:00 a.m. until 4:00 p.m.** in the St. Paul Office.

The cost of each workshop is \$25.00 per participant plus the cost of Materials for the Marketing Workshop.

Register Now at:

St. Paul 645-5782; Smoky Lake 656-2110

## UNEMPLOYED? START YOUR OWN BUSINESS

Up to 24 weeks Federally Funded Self-employment Training Program will lead you through a step-by-step process to starting your own business.

### APPLICANTS must:

- \* be eligible for Employment Insurance (E.I.),
- \* have a good solid business idea
- \* have completed the initial research to prove viability of the business
- \* have a strong desire to become self-employed
- \* have available start-up capital to begin operation.

Call today for more information:

St. Paul / Smoky Lake Business and Community Development Corporation  
645-5782 or 656-2110

In partnership with

Human Resources Development Canada

## Elk Point and District Lions' Club

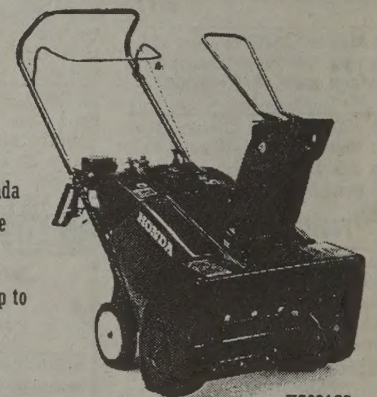
## Annual Christmas Greeting Card

Located by Elk Point Post Office

Any business or family interested in getting their name on a card, contact George Hahn at 724-3166 after 6:00 p.m.

\$5.00 Family -- \$10.00 Business

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- Discharges snow up to 33 feet
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